

## ABSTRACT

**RESEARCH PAPER:** Effectiveness of an iPad as a Distraction Tool for Children

During a Medical Procedure

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Distraction techniques can be successful in reducing the discomfort and anxiety children sometimes feel when experiencing medical procedures. The purpose of this study was to examine the effectiveness of an iPad as a distraction tool. Ten preschool age children participated in an ice pack procedure three times; once with no distraction, once while watching a cartoon (passive distraction), and once while interacting with an iPad (active distraction). Distraction type was randomly sequenced for each child. Children were timed to determine how long they could tolerate an ice pack on their foot for three trials. Although the results suggested that active and passive distraction techniques helped children tolerate discomfort for a longer amount of time than no distraction, the differences were not statistically significant. Active distraction helped children to tolerate discomfort for the longest amount of time.